

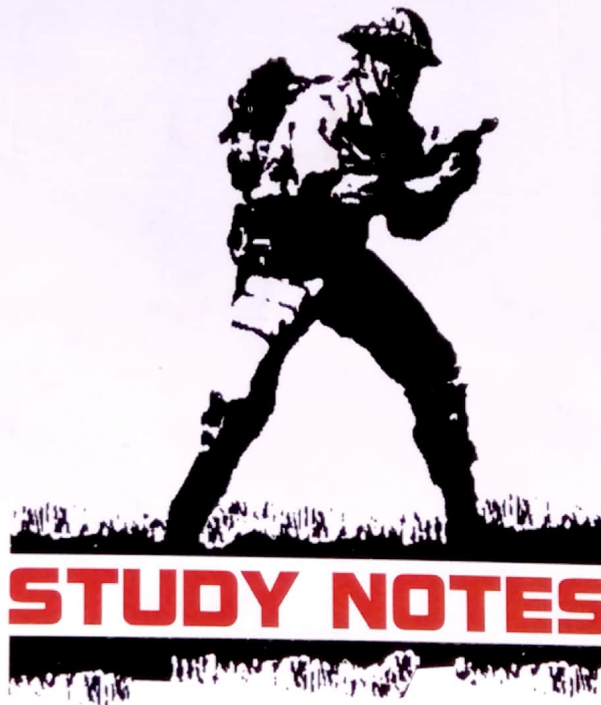


Commandant
Col Muhammad Saeed (R)



NOOR

FORCES ACADEMIES



STUDY NOTES

BRANCH No. 1

Opp. Rawalpindi Medical College Javaid Colony, Tipu Road, Rawalpindi. Ph: 051-5706667 Mob: 0322-5055593

BRANCH No. 2

Near Barani University Murree Road, Shamasabad Stop, Ghosia Chowk Rawalpindi. Ph: 051-4936050, Cell: 0321-5513317

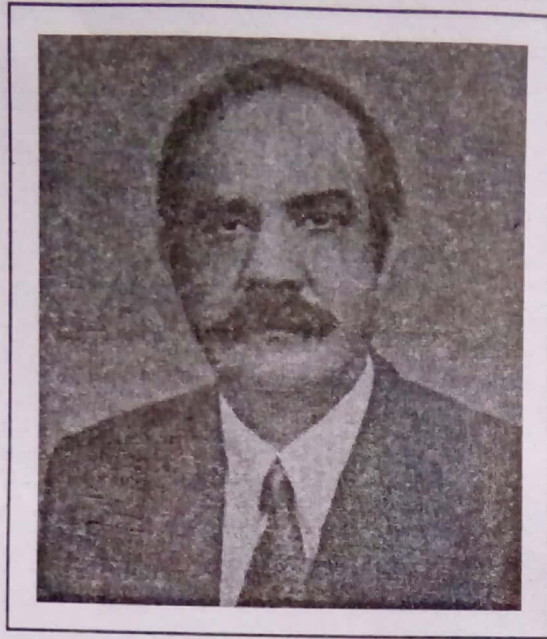
BRANCH No. 3

Labour Colony Stop, Near Karachi Company G-9/3, Islamabad. Ph: 051-2252792, 0300-9739414

ASKARI COLLEGE KALAR KAHAR

Kalar Kahar Chowk PAF Base Road, Kalar Kahar 0333-5111185, 0323-5111185, 0311-2944444

Website: www.noorforcesacademy.com



Commandant Col Muhammad Saeed (R)

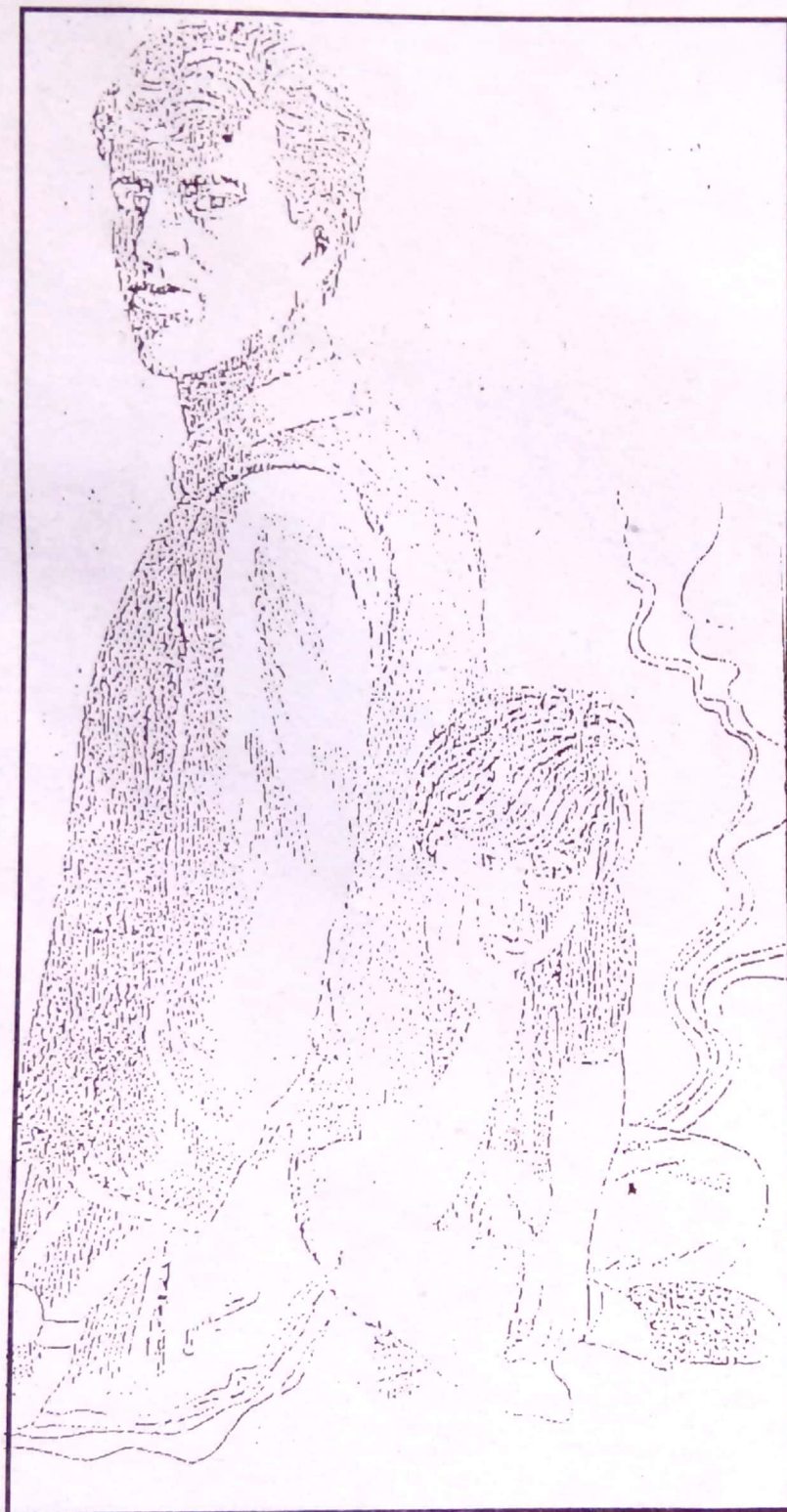
INTRODUCTION TO NOOR FORCES ACADEMIES

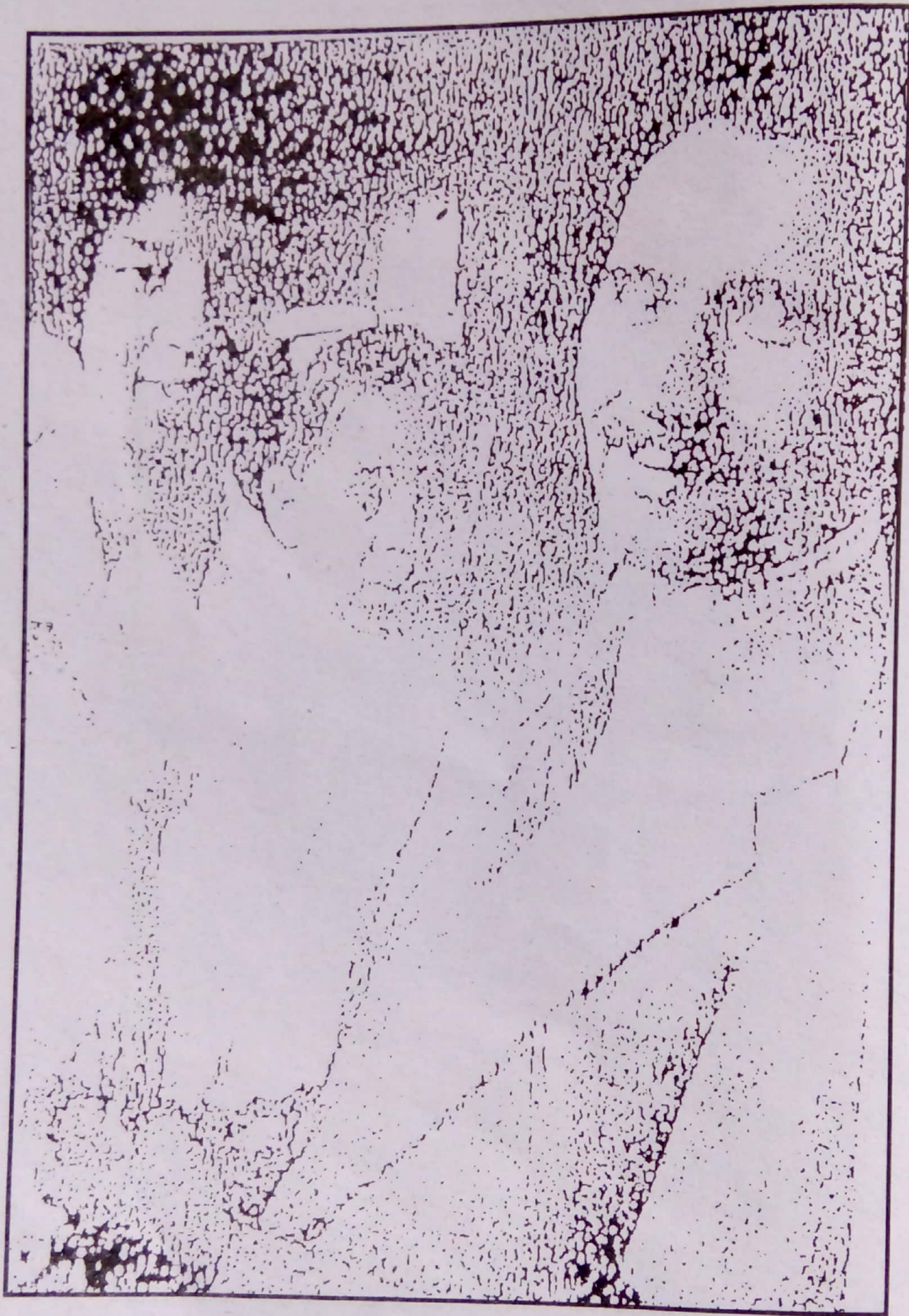
Col Mohammad Saeed was commissioned in Pakistan Army on 11th September 1965 having inducted in Frontier Force Regiment. Col Saeed participated in Indo-Pak wars during the year 1965 and 1971. He had graduated from the Staff College during the year 1974 and has been an instructor in Pakistan Military Academy, Kakul and in Infantry School, Quetta. He was appointed as Selector of Cadets for PMA and Army Medical College during 1982 where he remained as such for about 4 years. On his exemplary display of devotion to his profession, he was awarded commendation card by the worthy Chief of Army Staff, due to his extra ordinary performance in selection of cadets.

Col Saeed possesses a vast experience of teaching and selection and has been Commandant of the ISSB pre cadet training colleges since Mar 1986. More than 1000 candidates for PMA, PAF and Pak Navy are usually selected as cadets each year after acquiring proper training/guidance and leadership under the personal supervision of Col Saeed. Due to best efforts by Col Saeed, maximum numbers of civilians have benefitted from the training having been given under the command of Col Saeed who got Commission in forces and serving the nation in the best manner. He has contributed a lot to serve the nation by producing dedicated and devoted youth to the forces. He is running his academies at Shamsabad and at Tipu Road Rawalpindi. Askari College is also being run at Kallar Kahar, Chakwal where natural and conductive atmosphere is provided to the students. Hostel of high standard is also available and medical facility is also being provided to the students.

If you are satisfied with the background of Col Mohammad Saeed and if you want to serve the nation in the forces and you want to become a Commissioned Officer, then don't hesitate to approach Noor Forces Academies of Col Mohammad Saeed. You are also advised to join our academies/College without any loss of time for your own sake and benefit.

Remember: Your future is the nation's future.

















SET ONE

Time: 6 Minutes

1. I always feel _____
2. He is about to _____
3. It is always good to _____
4. When he was in school _____
5. My mother is mostly _____
6. The best time of my life _____
7. He has been struggling to _____
8. His father wants that he _____
9. When he was young _____
10. I am interested in _____
11. His friends are _____
12. On his failure he _____
13. During the war _____
14. His decision is always _____
15. To make some money he _____
16. His mind is _____
17. The sound of gunfire _____
18. Early in the morning _____
19. I have now realized that _____
20. In a hurry he _____
21. For me it is important that _____
22. To hide his crime he _____
23. As a school boy _____
24. Because he is weak _____
25. His father wants _____
26. By nature he is _____

SET TWO

Time: 6 Minutes

1. In case of war _____
2. By chance he _____
3. The question is _____
4. He realized that he must _____
5. When he failed he tried to _____
6. For the time being he is _____
7. His success made him _____
8. He is sick because _____
9. In my view he _____
10. The only trouble is _____
11. The result proved that he was _____
12. In his class _____
13. In the middle of the night _____
14. It appears that you _____
15. Sitting alone he _____
16. It was easy for him to _____
17. During the last two years _____
18. For each mistake _____
19. Sometimes he thinks _____
20. I enjoy _____
21. In some ways he _____
22. While playing the match _____
23. Although he is rich yet _____
24. To control his anger _____
25. Almost every year he _____
26. At last he found out _____

SET THREE

Time: 6 Minutes

1. In this hospital _____
2. On seeing the blood he _____
3. He came to know that _____
4. If I was in his place _____
5. I think I can _____
6. He is able to _____
7. To achieve his purpose he _____
8. Under the most tiring circumstances he _____
9. He dislikes to _____
10. In the end he _____
11. The most valuable thing in life is _____
12. It is quite natural that girl _____
13. Early in his life _____
14. He was very young when _____
15. When he failed he _____
16. He never tires of _____
17. With his money _____
18. On the way _____
19. If you insult him _____
20. He rushed out of his office _____
21. It was obvious that _____
22. The difference between _____
23. To become a leader _____
24. He indicated that _____
25. He was sad therefore _____
26. It is bad habit to _____

SET FOUR

Time: 6 Minutes

1. In a fit of rage he _____
2. In his opinion _____
3. He always hated to _____
4. My mother thinks _____
5. His relatives are _____
6. There is a risk of _____
7. To look smart she _____
8. Because she is a girl _____
9. Rejection made him _____
10. The reason of his success _____
11. The guard hesitated to _____
12. He was under pressure _____
13. The fact is _____
14. He is interested to _____
15. To avoid failure he _____
16. The more he tried _____
17. He was alarmed when _____
18. He possesses _____
19. It is difficult to work when _____
20. The woman cried because _____
21. His memory is _____
22. When I met her first time _____
23. My father is always _____
24. My next task is _____
25. The cause of his anger _____
26. I cannot understand why _____

SET FIVE

Time: 6 Minutes

1. They are usually _____
2. I am not aware that _____
3. He is always willing to _____
4. When she grew old _____
5. Far away from his house _____
6. He became impatient when _____
7. It is very seldom that he _____
8. His family is _____
9. If it is necessary I will _____
10. To gain popularity he _____
11. A large portion of his time _____
12. The teacher feels _____
13. He was hopeful _____
14. Our leaders are _____
15. He wants to win _____
16. It is not necessary that _____
17. His heart sank because _____
18. He decided that _____
19. To express his anger _____
20. It was very clear that _____
21. The best time of his life _____
22. The best thing about mother _____
23. They help one another to _____
24. If you do not work _____
25. Because of a little discomfort _____
26. It is high time to _____

SET SIX

Time: 6 Minutes

1. The best part _____
2. I have applied _____
3. To change his behaviour _____
4. I always feel that _____
5. He loved to _____
6. He was very tense because _____
7. I am glad _____
8. He says something but _____
9. You may like _____
10. Due to his ill health _____
11. It is quite accurate to say _____
12. He was very excited about _____
13. We should not forget _____
14. He spread the rumour that _____
15. Behind his cool _____
16. The only fear _____
17. Young generation is _____
18. Music is _____
19. I cannot tolerate _____
20. In the company of others _____
21. We might invite _____
22. Wars can lead to _____
23. I am used to _____
24. Happiness cannot be _____
25. She is capable of _____
26. His only worry is _____

SET SEVEN

Time: 6 Minutes

1. It is not wise to _____
2. Almost everybody has _____
3. Today we know _____
4. It is fairly easy _____
5. He wanted to say _____
6. I have tried _____
7. In my student days _____
8. I have often been asked _____
9. He forget to _____
10. I have yet to _____
11. He was anxious to _____
12. I have often experienced _____
13. He feels the need _____
14. His share of _____
15. He was very serious _____
16. It is beyond my knowledge _____
17. His attitude towards subordinates _____
18. I remember _____
19. When working with people _____
20. Privately he _____
21. It is cruel _____
22. It is always true that _____
23. He took a job because _____
24. If you allow me _____
25. In his heart _____
26. He was always _____

SET EIGHT

Time: 6 Minutes

1. At last I hope _____
2. He objected to _____
3. In my thoughts _____
4. To support himself _____
5. The person who _____
6. He felt ashamed of _____
7. He admitted that _____
8. He is shy _____
9. It seems as if _____
10. He was invited to _____
11. In my family _____
12. He got the message that _____
13. On seeing a stranger _____
14. It takes a great deal of courage _____
15. My parents are _____
16. They became so rich _____
17. The source of his strength is _____
18. He was surprised _____
19. Beautiful girls _____
20. On his way _____
21. I am very _____
22. I was surprised to know _____
23. All my senses _____
24. In a short time _____
25. If you have nothing to do _____
26. He has to accept that _____

SET NINE

Time: 6 Minutes

1. I recognized that _____
2. My aim is _____
3. It is needless to say _____
4. He is poor but _____
5. People around me _____
6. He plans to _____
7. Until you apologize _____
8. He felt sorry because _____
9. It is painful _____
10. He is considered to be _____
11. She solved the problem because _____
12. In his dreams _____
13. I am having trouble _____
14. To save his skin _____
15. He hates to _____
16. He needed help because _____
17. I feel a little hurt _____
18. Women today _____
19. I imagine myself to be _____
20. He missed _____
21. It would be useful _____
22. The result of this conflict _____
23. I feel bad _____
24. It is fashionable now _____
25. I never really wanted _____
26. As the last resort _____

SET TEN

Time: 6 Minutes

1. You should remember _____
2. His mistakes _____
3. The pay is _____
4. When he became rich _____
5. He offered me _____
6. During his childhood _____
7. Although he was young yet _____
8. It is important for me _____
9. My future _____
10. His attention is _____
11. I have never done _____
12. It is part of life _____
13. He is popular because _____
14. For us dancing is _____
15. Depending on others _____
16. It appears that _____
17. Under normal circumstances _____
18. It seems to me that _____
19. You cannot deny that _____
20. He has never used _____
21. Some women are _____
22. My father always says _____
23. When he is alone _____
24. He became uneasy because _____
25. He was careful to _____
26. He forced me to _____

Pointer Stories

1. Their relations were very good but suddenly
2. She was all alone in her room suddenly
3. Her life was glammers till
4. Their relation suddenly changed when
5. Their relation took new turn when
6. He could not stand firm because
7. Ali was sitting with his friends suddenly
8. He was unable to bear the expenses of his family then he
9. In a dark stormy night she was all alone in her room suddenly
10. He worked very hard but
11. On seeing a lonely girl on the road he
12. He joined services to earn money but when he became a leader he
13. He was very hard worker but failed to fulfill his expenses so he
14. On his youth Ahmad wanted to
15. Because of his youth he
16. He could not stand firm because
17. She was standing on a lonely road suddenly she
18. He could not afford his family expenditure then he decided
19. He wanted to become a rich man but when become leader of men he
20. Amjad feels his youth and he wants to prove
21. He decided to join army for money but
22. Zahoor was a poor boy one day he
23. Their relation took a new turn when
24. Friends were sitting in around suddenly
25. When he saw her in trouble then he

Events

Part of bio data from column no. 15

1. Unforgettable incident of my life.
2. Aim of my life.
3. Depressive moment of my life.
4. Sweetest dream of my life.
5. Happiest day of my life.
6. Failure of life.
7. Worst moment of life.
8. My ambition of my life.
9. Turning point of my life.
10. Highest achievement of my life.
11. Strange event of my life.
12. Thrilling event of my life.
13. Painful event of my life.
14. Charming period of my life.
15. Fruitful period of my life.
16. Successful moment of my life.
17. Defeat of my life.
18. Shocking news of my life.
19. Bad period of my life.
20. Worry of my life.
21. Latest dream of my life.
22. Frequent dream of my life.
23. Happiest dream of my life.
24. Pleasant dream of my life.

Word Association Test

Family	Danger	Officer	Agree
Sad	Soldier	Regarded	Alone
Drink	Begin	Holiday	Playground
Fellow	Dictatorship	Boat	Plan
Gay	Solve	Weak	Wisdom
Wife	Time	Fast	Annoy
Fear	Wine	Escape	Risk
Bold	Kill	Luck	Climb
Future	Zeal	Haste	Leader
Appeal	Faith	Make	Race
Last	Will	Wish	Care
Mountain	Efficiency	Weak	Week
Uppermost	Wisdom	Service	Old
Persuade	Worry	Lead	Leader
Young	Guide	Failure	Injustice
Question	Zeal	Insult	Dislike
Use	Wrong	Bold	Future
Fair	Mistake	Danger	Hate
Respect	Faith	Climb	Kill
Soft	Hope	Favour	Fever
Offer	Play	Sex	Keep
Overcome	Follow	Pick	Hot
Cold	Warm	Say	Tension

Dark	Pain	Hide	War
Lazy	Smoke	Burn	Foot
Differ	Meet	Bow	Pick
Tear	Habit	Clean	Tire
Car	Lazy	Crush	Front
Show	Fall	wound	Step
Defend	Oppose	Catch	Habit
Dirt	Slip	Key	Dear
Lazy	Spend	Past	Swim
Error	Loose	Lost	Opposite
Guilt	Swim	Night	Wrong
Dark	Press	Steam	Join
Lie	Hesitate	Dirt	Beer
Bow	Fear	Tear	Rule
Team	Chair	Joy	Stop
Find	Money	Death	Football
Flower	Puzzle	Shoot	Unable
Pick	Find	Cinema	Advice
Stop	Need	Quick	Child

House	Sensible	Life	Power
Relax	Punish	Sword	Interview
Bright	Careful	Success	Trust
Solve	Story	Break	Fear
Defeat	Enemy	Garden	Faith
Help	Cinema	Money	Peace
Fine	Delay	Character	Travel
Journey	Ghost	Respect	Duty
Life	Poor	Use	Climb
Problem	Attempt	Happy	Books
Rest	Short	Design	Co-operator
Discipline	Plan	Neglect	Step
Climb	Life	Win	Honesty
Machine	Afraid	Lead	Think
Hobby	Obtain	Idea	Solve
Beat	Continuous	Punctuality	Copy
Cut	Beautiful	Book	Bad
Arrived	Air	Appeal	Alone
Avoid	Agree	Action	Assist
Award	Snake	Drop	Slip
Task	Think	Protect	Home
Afraid	Able	Excuse	Luck
Good	Knife	Encourage	Danger

Shine	Rumour	Careful	Defense
Confidence	Serious	Revenge	Atom
Humble	Talk	Natural	Take
Easy	Shock	Prepare	Greed
Time	Mother	Father	Sister
Brother	Risk	Award	Withdraw
Defeat	Snake	Continue	Custom
Music	Enjoy	Army	Use
Help	Interest	Sweet	Careful
Fast	Train	Reaction	Group
Health	Blood	Fortune	Merry
Loyalty	Ask	Duty	Fail
Action	Problem	Fight	Worry
Fault	Field	Trouble	Death
Stop	Run	Differ	Light
Luck	Pity	Victory	Dislike
Sister	Sad	Peace	Meet
Rent	Simple	Honest	Hate
Study	Wait	Write	Sick
Trial	Matching	Life	Punish
Insist	Flower	Fit	Good

Hearth	Atom	Lead	Lonely
Sensible	Religion	Need	Home
Accept	Alone	Father	System
Make	Nature	Work	Atom
Country	Army	Step	Company
Love	Duty	Girl	Eat
Decide	Beat	Fight	Lie
Give	Enjoy	Fly	Save
Sick	War	Alone	Father
System	Make	Nature	Work
Difficulty	Health	Impossible	Lonely
Affection	Sympathy	Company	Courage
Meet	Secure	Love	Responsibility
Character	Understand	Sports	Responsible
Tried	Boat	Failure	Science
Space	Sky	Goal	Busy
Mother	Save	False	Knowledge
Sleep	Unfair	Sister	Foe
Project	Regular	Adventure	Climb
Fly	Now	Tie	Flow
Light	Pressure	Dig	Sink
Cooperative	Change	Challenge	Coward
Rest	Decide	Alone	Avoid

Discussion topics

- 1. Who plays the important role in the grooming of children father or mother?**
- 2. Struggle for women's rights is obligatory in country or not? Discuss.**
- 3. The personal interest are prevailing over our national interest. Discuss.**
- 4. The movement for the rights of women is imposing negative effects on society.**
- 5. Why western nations are more developed than us?**
- 6. What is the reason of deterioration of moral values in our society?**
- 7. Football is cheaper than cricket. Why Govt of Pakistan is not bringing up a healthy environment for this game?**
- 8. Causes of terrorism in Pakistan.**

9. Reasons of un-employment is education or poverty? Discuss.
10. Deeni Madrasas are playing an important role in educating poor children but their impression is not good. What step should be taken to improve their impression?
11. The reasons for increasing the smuggling in Pakistan and what step should be taken to overcome this?
12. Should we recognize India as regional power? Discuss.
13. Islam gives the message of peace but we are murdering one another. Discuss.
14. How we can encounter western and Indian media?
15. Is India sincere in "SAARC" If not then what step should be taken?

TOPICS

پاکستان میں بڑھتی ہوئی فرقہ واریت کو مد نظر رکھتے ہوئے تمام مذہبی جماعتوں پر پابندی لگا دینی چاہیے۔ آپ کا کیا خیال ہے؟

IN VIEW OF THE PREVAILING SECTARIANISM IN THE COUNTRY, ALL RELIGIOUS BASED MILITANT GROUPS SHOULD BE BANNED. GIVE YOUR VIEWS

تمام شمالی علاقہ جات کو ایک مکمل صوبہ کی شکل دے کر اس کو پاکستان میں ضم کر دینا چاہیے۔ آپ کا کیا خیال ہے؟

NORTHERN AREAS SHOULD BE MERGED IN PAKISTAN WITH FULL FLEDGE STATUS OF A PROVINCE. DISCUSS

پاکستان کے دفاع کیلئے کیا چیز ضروری ہے۔ تعلیم یا اسلحہ، بحث کریں

WHAT COULD BE EFFECTIVE FOR DEFENCE OF PAKISTAN. EDUCATION OR WEAPONS. DISCUSS

تمام اسلامی ممالک کو ایک پلیٹ فارم پر اکٹھا کرنے کیلئے پاکستان کیا کردار ادا کر سکتا ہے، بحث کریں

WHAT ROLE CAN PAKISTAN PLAY TO BRING ISLAMIC COUNTRIES ON ONE PLATFORM. DISCUSS

پاکستان میں الیکشن پانچ کے بجائے چار سالوں میں ہونے چاہیے۔ بحث کریں

**IN PAKISTAN ELECTION SHOULD BE HELD AFTER EVERY
FOUR YEARS INSTEAD OF FIVE YEARS. DISCUSS**

پاکستان میں پارلیمانی نظام حکومت فیل ہو چکا ہے۔ ہمیں صدارتی نظام حکومت اپناتے ہوئے ہچکچانا نہیں چاہیے

**PARLIAMENTARY FORM OF GOVERNMENT SYSTEM HAS
FAILED IN PAKISTAN. WE SHOULD NOT HESITATE IN OPTING
PRESIDENTIAL TYPE OF GOVERNMENT. GIVE YOUR VIEWS.**

پاکستان میں تعلیمی اور دیگر اداروں میں چھٹیوں کا تناسب دوسرے ممالک سے زیادہ ہے۔ بحث کریں

**THE RATIO OF VACATIONS IN EDUCATIONAL AND OTHER
INSTITUTIONS IN PAKISTAN IS GREATER THAN OTHER
COUNTRIES. DISCUSS.**

مذہب اور حکومت دو الگ الگ چیزیں ہیں۔ ان کو ایک نظر سے نہیں دیکھنا چاہیے۔ بحث کریں

**RELIGION AND GOVERNMENT ARE TWO DIFFERENT THINGS.
THESE SHOULD NOT BE AMALGAMATED. DISCUSS.**

ہمیں "CTBT" پر دستخط کرنے کی پرابلم کو کشمیر کی پرابلم کے ساتھ منسلک کرنا چاہیے۔ بحث کریں

**WE SHOULD LINK THE SIGNING OF "CTBT" WITH KASHMIR
PROBLEM. DISCUSS.**

بین الاقوامی کھیلیں تمام ممالک کے لئے صحت مند تعلقات کا بہترین ذریعہ ہیں۔ بحث کریں

INTERNATIONAL SPORTS COMPETITION BETWEEN COUNTRIES. IS SOURCE OF HEALTHY RELATIONSHIP.

پاکستان میں شرح خواندگی میں اضافے کے لئے ٹیلی ویژن بے حد اہم کردار ادا کر سکتا ہے۔ بحث کریں

TELEVISION CAN PLAY VITAL ROLE TO IMPROVE LITERACY RATE IN PAKISTAN. DISCUSS.

امریکہ کی پاکستان کے اندرونی معاملات میں غیر معمولی دلچسپی اور مداخلت کی کیا وجوہات ہیں؟

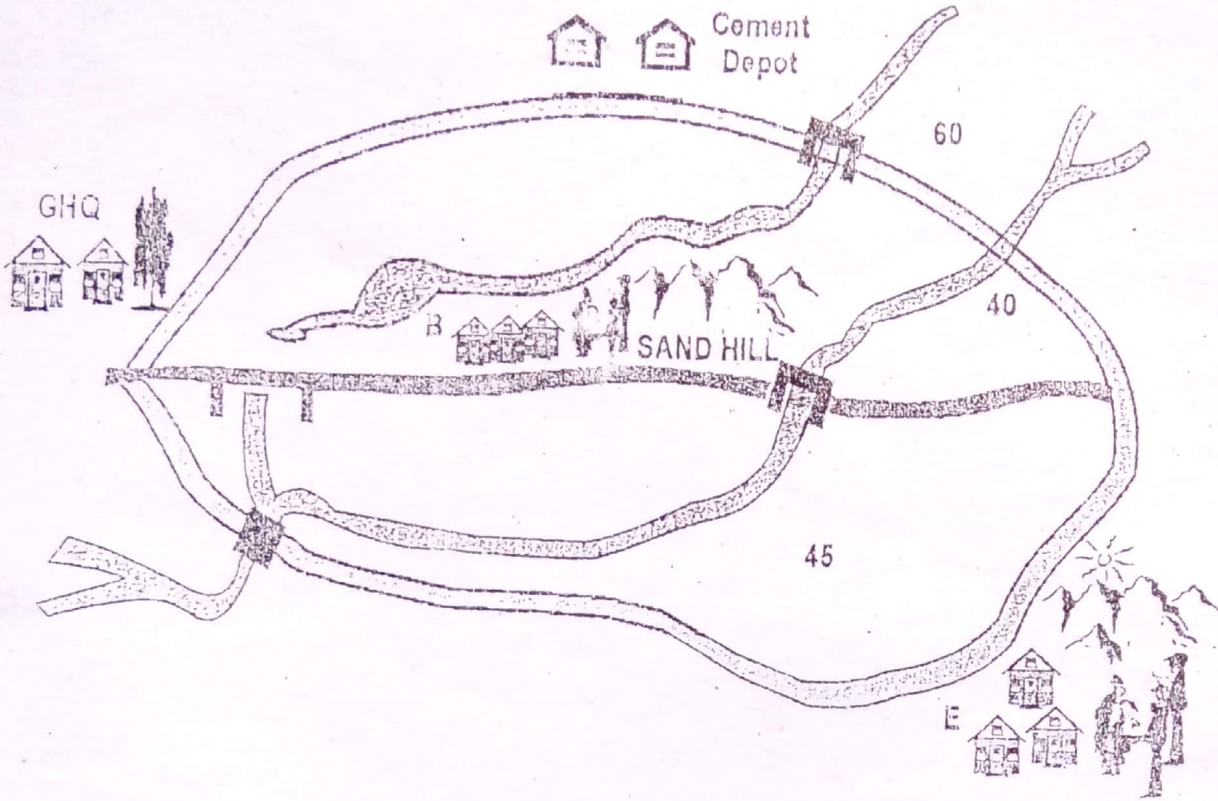
WHAT ARE THE MOTIVES OF UNITED STATES OF ITS KEEN INTEREST AND UNDUE INTERFERENCE IN INTERNAL AFFAIRS OF PAKISTAN

پاکستان کو اپنی آزادی اور بقاء کو برقرار رکھنے کے لئے کیا چیز زیادہ ضروری ہے۔ نیوکلیر پروگرام کو جاری رکھنا، مسلح افواج میں اضافہ یا اپنی خارجہ پالیسی میں رد و بدل اور بہتری، بحث کریں

WHAT IS MOST IMPORTANT FOR PAKISTAN TO PRESERVE ITS FREEDOM. AND SOVEREIGNTY, CONTINUE NUCLEAR PROGRAMME, INCREASE STRENGTH OF ARMED FORCES OR IMPROVE HER FOREIGN POLICY.

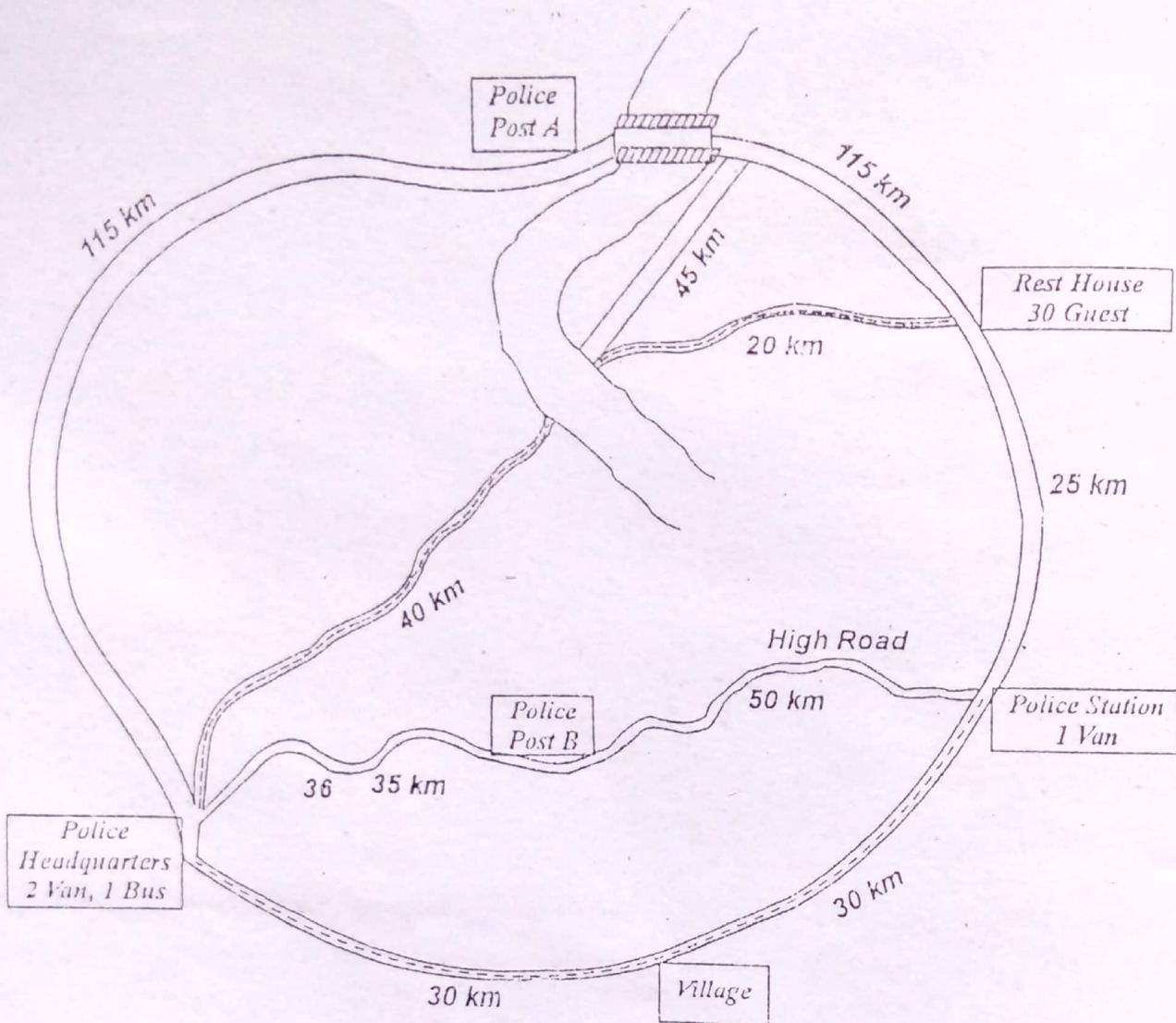
طبقہ نسواں مختلف میدانوں میں اپنی تمام تر صلاحیتوں کے باوجود مرد کے مقابلے میں کم تر ہے۔ بحث کریں

WOMEN FOLK, DESPITE THEIR ADEQUATE POTENTIAL IN VARIOUS FIELDS, CAN NOT MATCH UP TO MEN'S PERFORMANCE. DISCUSS.



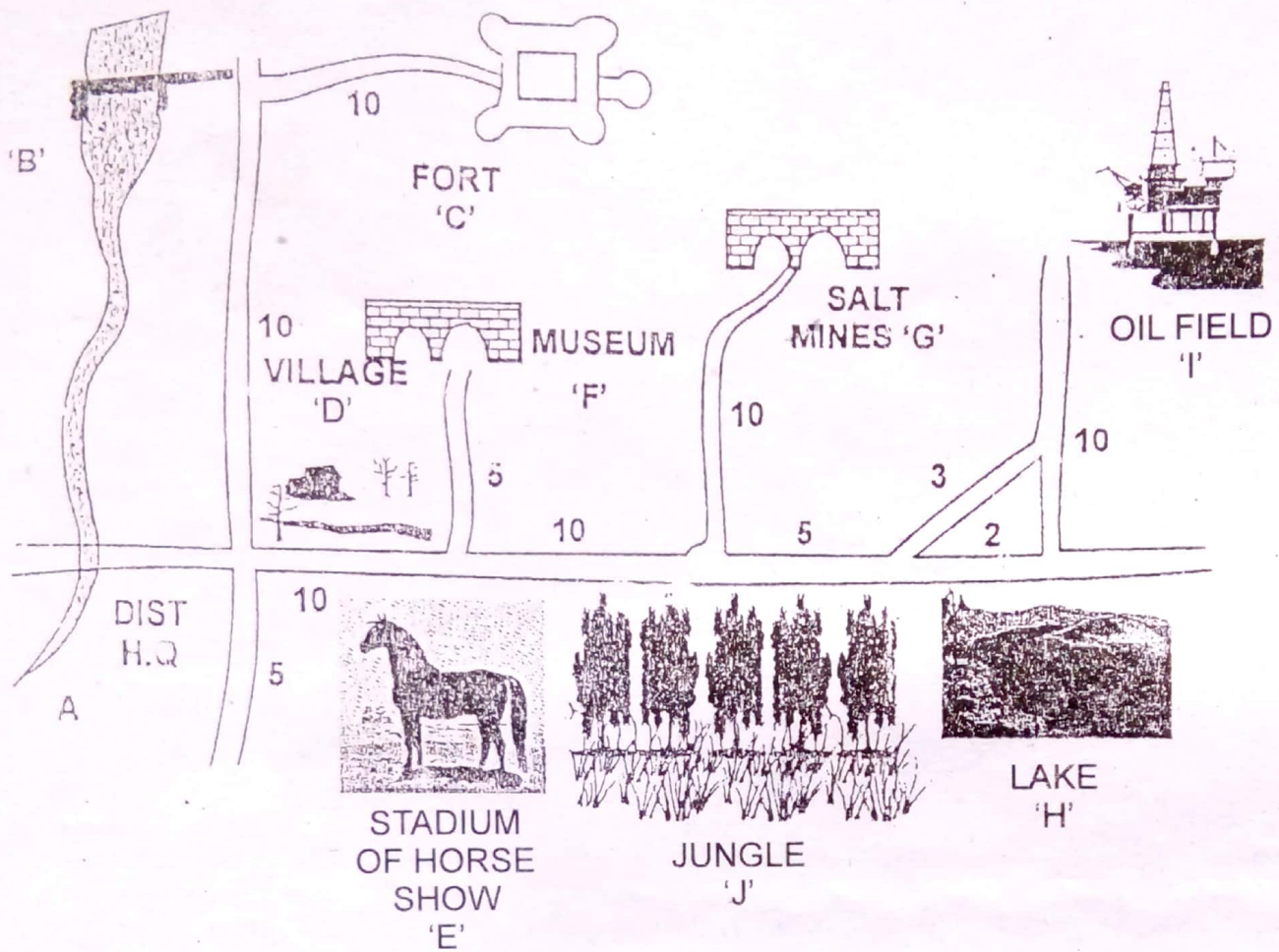
گروپ پلاننگ:

ہمیں ایک گروپ پلاننگ دی گئی تھی اس میں صبح 6 بجے کام شروع کر کے شام 6 بجے تک ایک پل جو کہ ٹوٹ گیا تھا اُسے دوبارہ تعمیر کرنا ہے ہمارے پاس دو ٹرک GHQ میں موجود ہیں جن کی رفتار 60km/h ہے۔ سب سے پہلے ہم ایک ٹرک Point E کی طرف روانہ کر دیں گے۔ 3 گھنٹے میں وہ E تک پہنچ جائے گا۔ یعنی 9 بجے وہاں سے وہ کچے کے راستے B تک 54 منٹ میں پہنچ جائیں گے وہاں سے آگے دس منٹ میں Bridge تک پہنچ جائیں گے 9:54 بجے ایک ٹرک لکڑیاں Bridge تک پہنچائے دے گا۔ وہاں سے 40 منٹ میں لے کر Bridge تک پہنچ جائے گا۔ اس طرح وہ 10:14 کو Sand کو پہنچا دے گا۔ ہم دوسرے ٹرک کو سیمنٹ ڈپو کی طرف روانہ کر دیں گے دو گھنٹے میں سیمنٹ ڈپو تک پہنچ جائیں ڈیڑھ گھنٹے سیمنٹ ڈپو میں جانے اور لانے میں لگے گا اس طرح وہ 9:30 پر سیمنٹ لوڈ کر کے 2 گھنٹے میں برتج تک پہنچ جائے گا اس طرح وہ سیمنٹ 2 گھنٹے یعنی 11:30 میں پہنچ جائے گا 11:30 پر ہمارے پاس لکڑیاں، سیمنٹ اور ایک دوسری چیزیں آجائیں اور ہم کام شروع کر سکتے ہیں۔

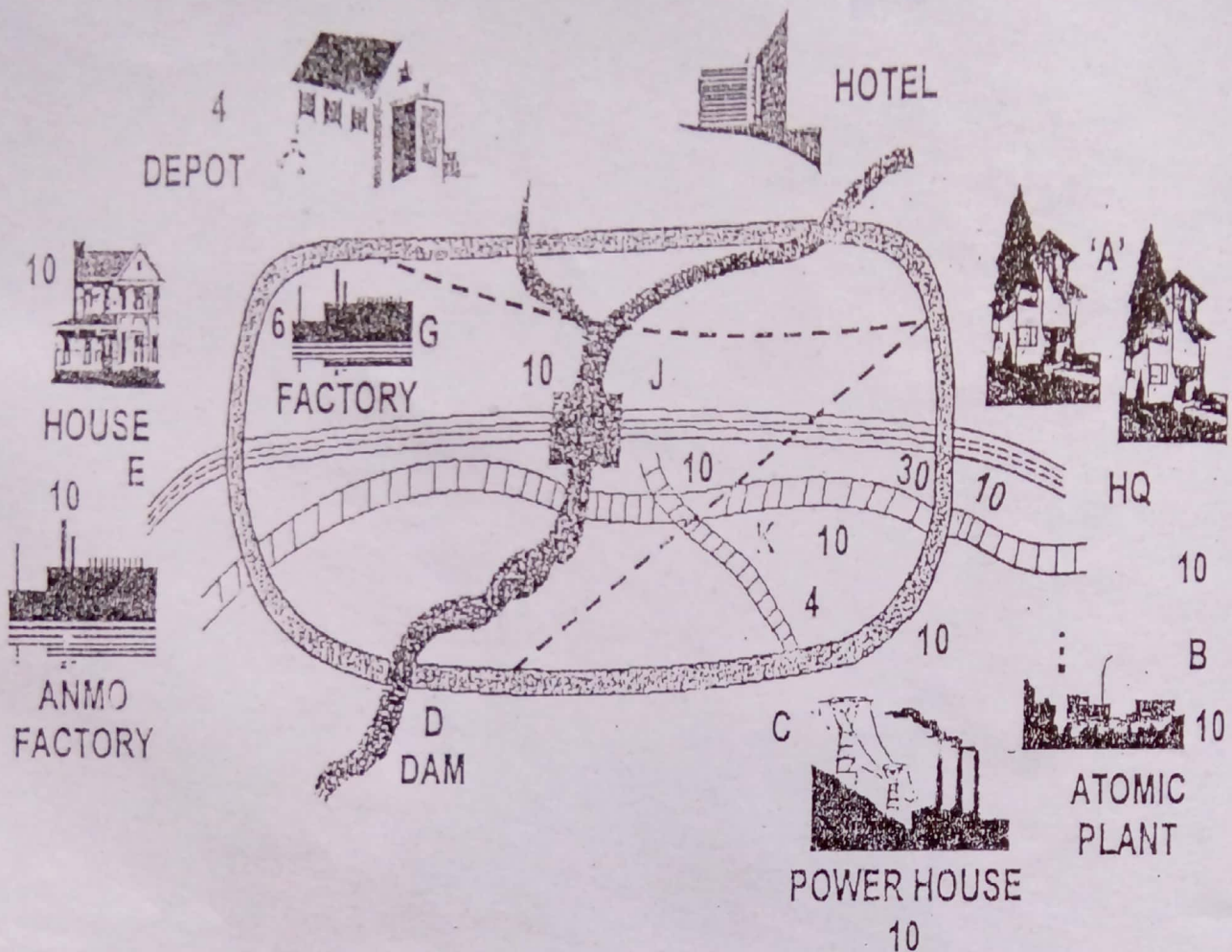


Briefing:

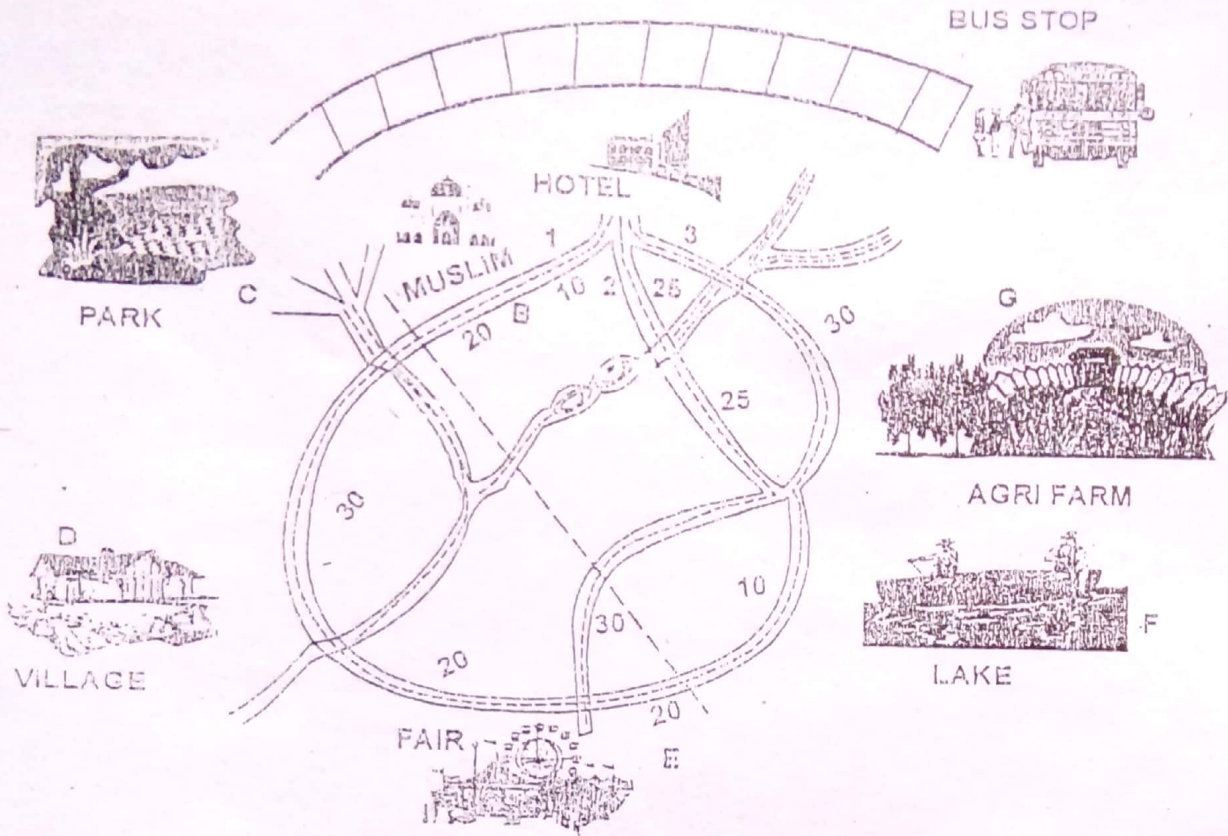
1. It is 8:30 A.M. You are informed that there is possibility of terrorist attack on rest house. So you have to take the guests from the rest house to the police headquarter before 6:30 P.M.
2. Bus and Van speed is 30 km/h on highway, 15 km/h on rough road and 20km/h in hilly areas.
3. Bus capacity is 30 persons and Van capacity is 5 persons or luggage of 10 persons.
4. Only light vehicles can pass from the bridge near Police Post A. Heavy vehicles can not pass from the bridge. It takes one hour to cross the river on boat
5. Loading time is 5 minutes and unloading time is 5 minutes.
6. Telephone facility is available between Rest House and Police Post A. While at all other places, mobile is available.



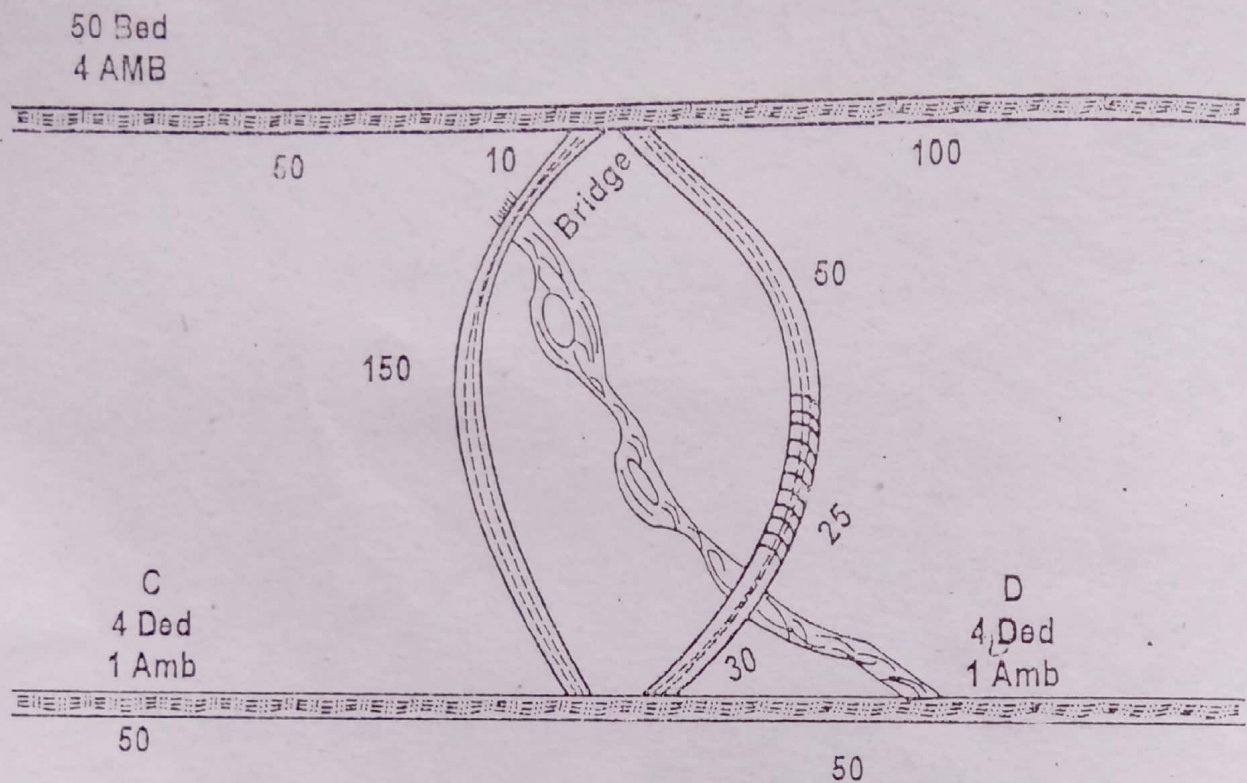
8 FOREIGNERS AND 8 LOCAL STUDENTS TO VISIT SITE B TO J FROM DISTT. H.Q. BY TWO CARS. EACH CAR CARRIES FIVE PASSENGERS INCLUDING DRIVER WHO IS NOT STUDENT. CARS CAN TRAVEL AT 60 KM/H ON ROAD AND 50 KM/ MPH. IT IS NOW 08:00 HRS THEY ARE TO BE BACK BY TIME TO ATTEND HORSE SHOW.



یہ ہمیں گروپ پلاننگ دی گئی ہے اس میں ہم نے مطلوبہ گارڈز کو اُن کی مطلوبہ جگہوں پر پہنچانا ہے گارڈز HQ میں موجود ہیں۔ ہمارے پاس ایک ہیلی کاپٹر ہے اُس میں 6 سوار آسکتے ہیں 200 km کی رفتار ہے اور 225 km کے لئے ہمارے پاس ایندھن ہے۔ دوٹرک ہیں اُن کی رفتار 60km/h ہے اور سوار یوں کی گنجائش 20 ہے ہمیں یہ کام 8 بجے شروع کر کے 10:15 پر ختم کرنا ہے سب سے پہلے ہم ٹرک میں 20 بندوں کو سوار کریں گے اور اُن کو Power House اور Atomic Plant کی طرف روانہ کریں گے۔ ہم 24 منٹ میں وہاں پہنچیں گے۔ ہم وہاں 8:48 میں واپس پہنچیں گے اور دس بندوں کو سوار کر کے Point E کی طرف روانہ ہونگے اور 2 گھنٹے بعد یہ Point E پر پہنچ جائیں گے یعنی ہم 10:00 بجے اپنے 20 بندے Point E پر اتار دیں گے۔ اور جیپ کے ذریعے 4 سوار یوں کو ڈپو کی طرف روانہ کر دیں گے ایک گھنٹے پہلے 10:00 بجے ہم ڈپو پہنچ جائیں گے یعنی 9:50 پر وہ ہیلی کاپٹر کے ذریعے ڈیم پر پہنچ جائیں گے۔ ایک جیپ ہے جسکی رفتار 50 کلومیٹر فی گھنٹہ ہے اور اس میں 4 آدمی بیٹھ سکتے ہیں۔

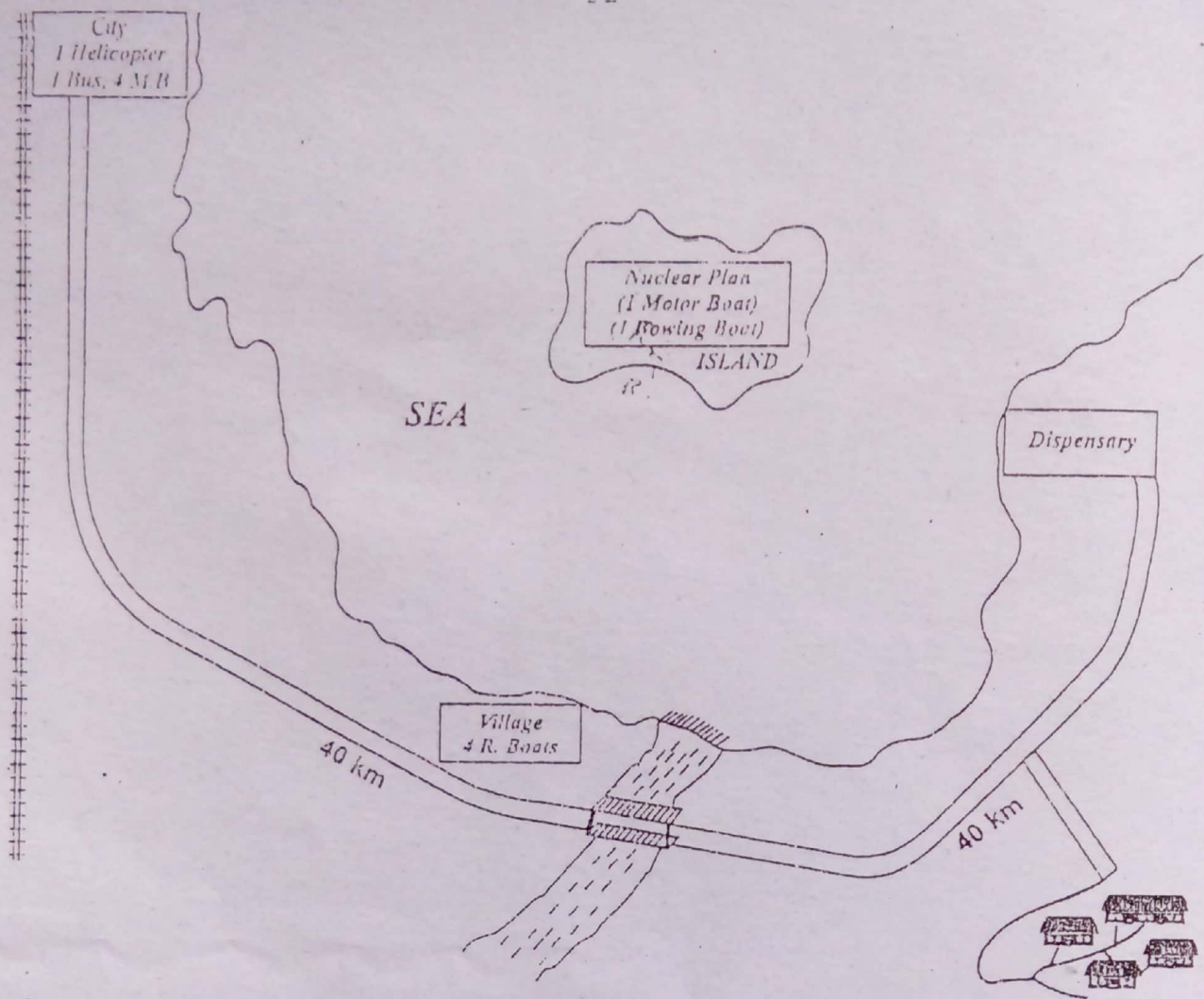


ہاسٹل میں ہمارے پاس بیس لڑکے ہیں ان کو اوپر کی تمام مقامات کی سیر کرانی ہے۔ وہ 6 بجے وہاں سے سفر کا آغاز کرنے کے لئے نکلتے ہیں۔ روٹ 1 سے 6 بجے ایک بس آتی ہے اس میں صرف 6 بندوں کی گنجائش ہے۔ اور گھنٹے بعد روٹ 2 اور 3 سے بس آئے گی۔ 7 بجے روٹ 2 اور 8 بجے روٹ 3 سے بس کی رفتار 60km/h فی گھنٹہ ہے۔ 6 بجے ہم ان چھ بچوں کو بس میں سوار کرادیں گے جو میوزیم زیادہ دیر تک دیکھنا چاہتے ہیں۔ وہ چھ بندے میوزیم پر اتریں گے۔ 7 بجے روٹ 2 سے بس آئے گی باقی 14 لڑکے اس راستے سے روانہ ہوں گے 7:00 بجے وہ Agri Farm پر پہنچیں گے۔ روٹ 3 سے 8 بجے نکلنے والی بس 8:30 پر Agri Farm پہنچے گی۔ وہ چودہ لڑکے بس میں بیٹھ کر 50 منٹ میں Village پہنچیں گے۔ اس طرح وہ 9:20 پر ویلج پہنچیں۔ دس منٹ ویلج دیکھ کر ہم 6 تک وہ پارک جائیں گے۔ پھر دس منٹ پارک میں گھوم کر میوزیم جائیں گے۔ اس طرح 10:30 سے پر وہ میوزیم پہنچیں گے وہیں 20 منٹ میوزیم کو دیکھ کر 10:50 پر ہیں وہ ہماری طرف روانہ ہونگے اس طرح 11:50 پر وہ جھیل پر پہنچ جائیں گے۔ جو چھ لڑکے 6:10 پر میوزیم پہنچ گئے تھے وہ 8 بجے تک میوزیم دیکھتے رہیں گے۔ 8:20 پر وہ پارک جائیں گے اور دس منٹ یعنی 8:30 تک پارک میں گھومیں گے اور 9:00 بجے ویلج پہنچ جائیں گے۔ دس منٹ ویلج میں گھوم کر وہ 9:10 پر Agri Farm کی طرف روانہ ہونگے وہ 10:00 بجے Agri Farm پہنچ جائیں گے آدھا گھنٹہ Agri Farm دیکھ کر 10:30 پر جھیل کی طرف روانہ ہونگے وہ 10:00 بجے جھیل پر پہنچ گئے پھر وہ روٹی کھائیں گے۔ روٹی کھانے کے بعد 2:30 پر میلے کے لئے روانہ ہونگے۔ وہ میلے پہنچ جائیں گے۔ وہ 3:45 پر واپسی کریں گے اور وہ ہاسٹل 4:40 پر پہنچ جائیں گے۔



It is now 10.00 "O" clock A person comes & informs to police man that an Accident happened at bridge, 60 persons are injured & the road is blocked there. In the scout camp there is one Truck & Van available at police station. The speed of truck is 40 km/h and loading capacity is 40 persons. The speed of van is 60 km/h and loading capacity is 20 person. There are so many ambulances available in different Hospitals and all are connected with telephone. Ambulance capacity is 2 Stretchers or 4 injured persons. The speed is 60 & on katcha will be half. Now you to have carry all the injured persons to the hospital as soon as possible and also clear the road.

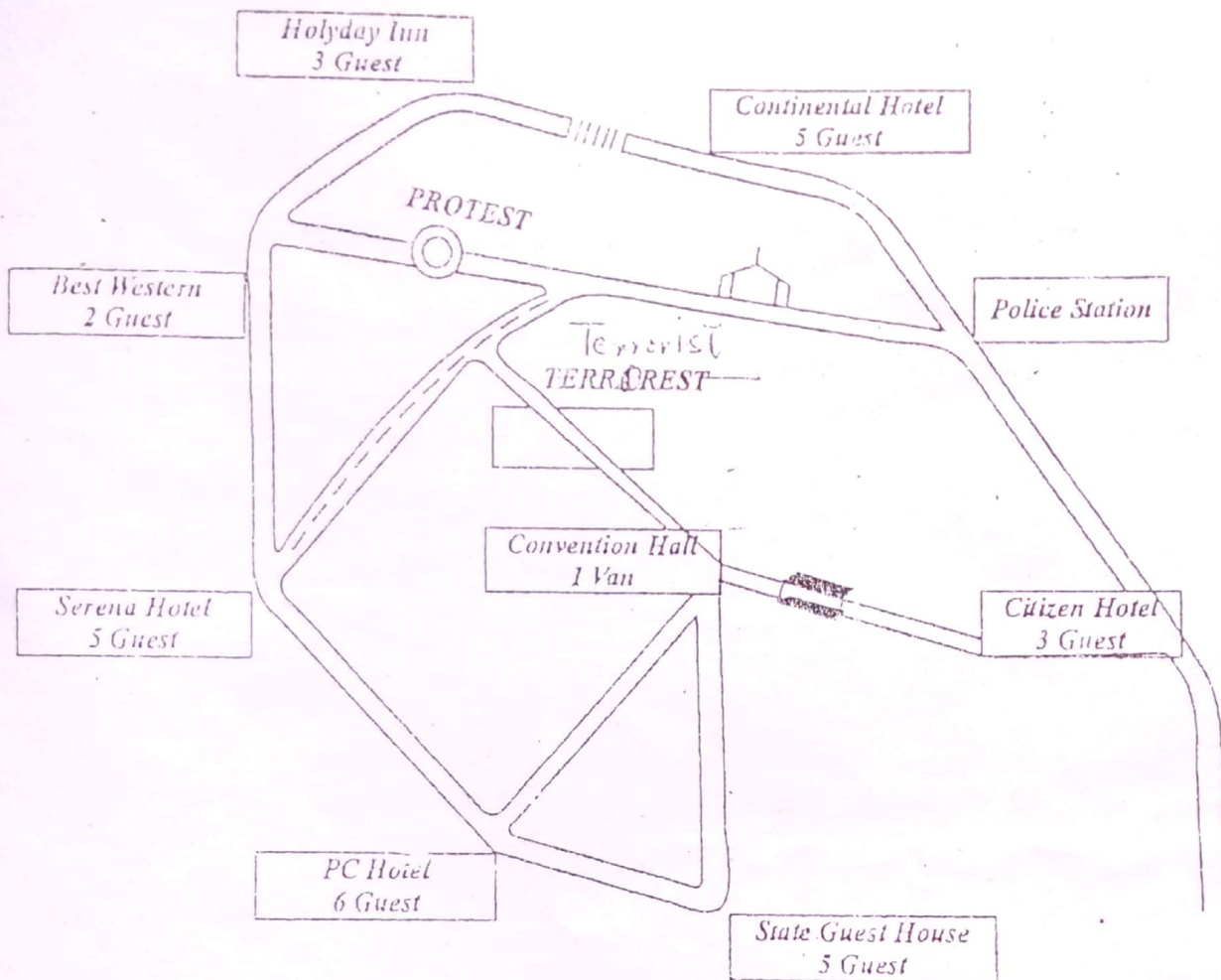
سب سے پہلے ہم ہاسپٹل A اور B فون کر کے اطلاع دیں گے کہ Bridge پر Accident ہوا ہے۔ احاطہ پر Ambulance لے کر وہاں پہنچ جائیں۔ پھر پولیس اسٹیشن سے 8 Scouts کو لے کر دائیں راستے سے جائیں گی۔ وین دو گھنٹے 40 منٹ پر Bridge تک پہنچ جائے گی۔ B کے چار ایمبولنس ایک چکر 3 گھنٹے 20 منٹ میں پورا کرتی ہیں 16 Scout کو Bridge پر چھوڑ کر وین آخری دوبارہ بچتے تھے۔



Briefing:

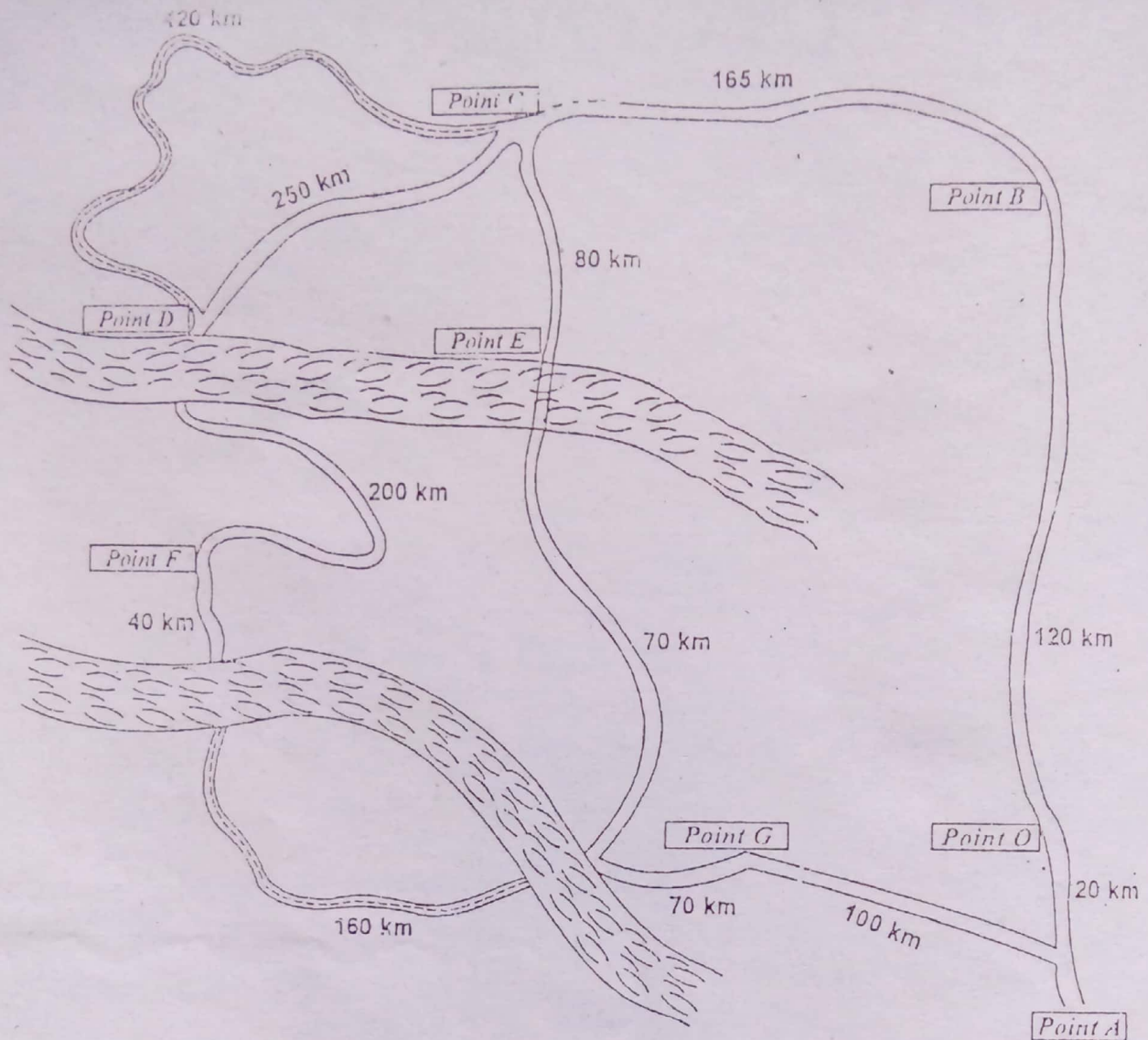
1. Enemy attack on nuclear plant at night. Our Marines arrested 52 agents. Two are seriously injured. First aid is available at dispensary at day time. Start time is 8:00 AM and complete before 12:00 AM.
2. Motor Boat takes 45 min from city to the plant and 15 min plant to the dispensary. Its capacity is 6 persons.
3. Helicopter takes 15 min from city to the plant and 5 min from plant to the dispensary. Its capacity is 4 persons or 2 stretchers. Its fuel is for 120 min flight.
4. Bus Speed is 60 km/h and capacity is 25 persons. Bridge is closed for repairing at 10:00 A.M.
5. Rowing boat takes 3:30 hrs from village to the plant and 1:30 hrs from plant to the dispensary and 4:00 hrs from plant to the city. Its capacity is 4 persons.
6. Loading & unloading time is 7.5 min. each. Phone facility is between city and Dispensary.

MILITARY PLANNING



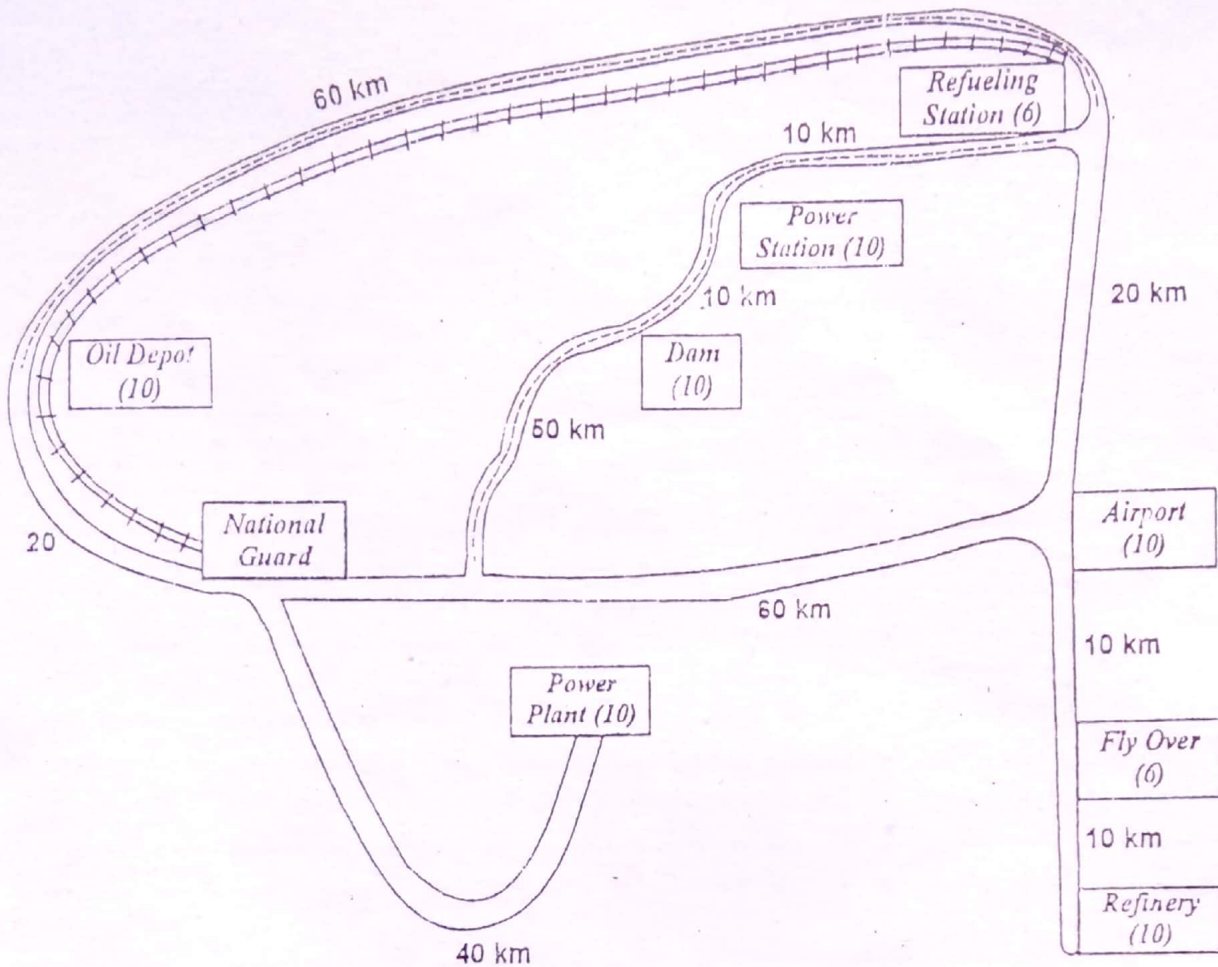
Briefing:

1. There is a convention on population planning in the convention center at 8:00 AM. It is 6:00 AM and you have to bring all the participant in the convention center before 8:00 am.
2. Van capacity is 32 passengers excluding one driver and one guard.
3. There is curfew in the city and police can not provide us any kind of help.
4. Loading time is 5 minute. It takes 5 minutes from station to other when we cross any station, it takes 2 minutes. Rough road takes 45 minutes to cross. Broken road also takes 2 minute extra.



Briefing:

1. It is 9:00 am. There is an accident on point 'O' you can reach there within 20 minutes. You have to take the injured to the hospital for treatment and brought them at point F (Airport) before 7:00 a.m.
2. You have a van whose speed is 60 km and 40km. There are two hospital at point B and G. But expert surgeon is available at point B. 90 minutes are required for treatment.
3. There are two hotels at point B and D. 60 minutes are required for lunch or refreshment.
4. On the rivers ferry service is available. You can take your Van on the other side also. It takes 45 minutes to cross the river in the day and 30 minute in the night.



Briefing:

1. It is 6:45 am. You are informed that there may be enemy attack about 10:30 AM. You have to drop guard at the sensitive position before 10:15 AM. You start your mission at 7:00 am.
2. You have two trucks and a helicopter, each truck has capacity of 20 people and helicopter has 6 people.
3. Speed of truck is 60 km/h on metallic road and 30 km/m on rough road, And little bit slow on dumpy road.
4. Speed of helicopter is 120 km/h. And fuel is available for 250 km.
5. Loading time is 5 minutes and unloading time is 5 minutes.

BIO DATA SHEET

Height _____
Weight _____
Identification Mark _____

Batch/Identityt _____
Course _____
Date _____
Station _____

1. (a) Name in full: (in capital letters) _____
- (b) Father's name: _____
- (c) Your Date of Birth: _____ (d) Age _____ Years _____ Months _____ Days _____
- (e) Father's occupation _____ Exact Designation/Occupation _____
- (f) Father's Income _____ Total family income _____
- (g) How many brothers & Sisters (including dead) _____ Your position in order of birth _____
- (h) Brother's occupations: _____
- (i) Religion _____ Sect _____ (j) Caste _____ Sub-caste _____
- (k) Mother Tongue: _____
- (l) Married or single: _____ If married, years of married life _____
- (m) Name of Husband (in case of female candidate) _____
- (n) Occupation of Wife / Husband _____ (o) No. of Children _____
- (p) Your favourite personality _____ Why _____

2. Particulars of all previous appearances at ISSB, GHQ Selection Board, Concealment of correct information is liable to disqualify you and may be declared unsuitable for Commission in Army/Navy/PAF.

Batch/Identity No.	Course	Date	Result	Medical Result

3.

EDUCATION

School & College Attended Name & Place	Year	Certificate / Degree obtained	Grade / Marks / Percentage	Scholarship & Prizes
		Matric		
		Junior Camb.		
		Senior Camb.		
		F.A. / F.Sc.		
		B.A. / B.Sc.		
		M.A. / M.Sc.		
		OTHER		

4.

SOCIAL ACTIVITIES

School College & University Literary, Debating Drama Society Magazine etc	Your Position e.g, Chairman / Secretary Editor / Member	Prize etc.	YEAR	
			From	To

5.

GAMES AND SPORTS

Games & Sports (In order of Skill)	Class of Team e.g. School College, University	Your Position in Team	Number of Years played	Prize / Championship

6.

- Did you ever live in a hostel while you were studying? _____
If so, how long _____ Between what ages? _____
- Have you traveled abroad, if yes country, duration of stay _____

- What type of friends do you like to have? _____
- Your interest / Hobbies _____
- Where were you brought up? Village or Town _____
Place of Birth _____ District _____

7.

Have you been in any Military Trg. Institution _____ Year _____
Reason for leaving _____

8.

Were you a member of NCC, Janbaz Force, Flying Club, Scouting? _____
If so, how long any distinction _____

9.

- Age of Father if alive _____ If dead age at death _____
- Age of Mother if alive _____ If dead age at death _____
- Your age at Father's death _____ Your age at Mother's death _____
- Cause of death : Father _____ Mother _____
- Did your Father / Mother remarry _____
- What was your age when Father / Mother remarried? _____
- Were you brought up by your own parents? _____
If not, who did bring you up and between what ages _____

10.

- How much were you absent from school on account of illness (Count Periods exceeding two weeks)

- (b) What surgical operation you have undergone? _____
 (c) Were you ever knocked out unconscious by a fall or an accident and for how long? _____

- (d) Did you ever suffer from the following? If so underline those

Breathlessness	Muscular pains	Sensitive Skin
Headaches (Frequently)	Muscular Trembling	Tiredness
Sleeplessness	Palpitation	Nausea and Vomiting when traveling

B or S Ages Occupation

11. List your brother and sister including yourself from oldest to youngest (including those who are dead), include step-brothers and step-sisters. Write B for brother S for sister X for your self, S/S for step-sister and S/B for step-brothers.
 (Do not include Cousins)

12. CIVIL EMPLOYMENT

- (a) Unemployed _____ year _____ month _____
 (if more then 8 months)
 (b) Give below particulars of the civil job you have held.

Arm or Department	Your appointment or exact job	Salary	Duration		Reasons for Job leaving
			Year	month	

13. SERVICE IN ARMED FORCES

- (a) Particulars
 Service No. _____ Type of commission _____
 Date of commission _____ Date of enlistment _____ in ranks
 Total service _____ Year _____ Month _____
 Position of passing out from trg. Academy _____
 Award / Distinction at academy _____

- (b) Appointments held :-

Rank	Time held		Appointment in the Rank	Name of Units & Arm Service
	Year	Months		

(c) Military course (other than pre-commission trg.)

Name of Course	Duration in Weeks	School and Place	Remarks

(d) Have you been on active service? _____ If yes
which campaign _____ rank _____

Decorations and medals _____

14. What career do you intend to adopt if not selected _____

Why _____

15. Briefly describe the most unforgettable incident of your life

16. The information given above is correct to the best of my knowledge and belief

Signature _____

Permanent address _____

Phone No. _____

PERSONAL INFORMATION QUESTIONNAIRE

- Batch No. _____ Chest No. _____
- Name _____
 - Age _____ Years _____ Months _____ Days _____
 - Religion _____
 - Sect. _____
 - Married / Single _____
 - Present Address _____

 - Province _____
 - Education:

Matric	Grade _____	Marks _____	Passing year _____
Intermediate	Grade _____	Marks _____	Passing year _____
Degree	Grade _____	Marks _____	Passing year _____
Postgraduate	Grade _____	Marks _____	Passing year _____
 - Sports _____
 - Hobbies _____
 - Other activities _____
 - Present Employment _____
 - Previous Appearance before I.S.S.B. (If yes give detail below) Yes / No _____

Batch	Chest No.	Course	Dates	Result

14. Have you travelled abroad (If yes give detail below)

Countries visited	Year of travel	Reason	Stay

- Father's Name _____
- Father's occupation _____
- How many brother do you have (excluding yourself) _____
- How many sister do you have _____
- Brothers and sisters Occupation :
- | Brothers | Sisters |
|----------|----------|
| a) _____ | a) _____ |
| b) _____ | b) _____ |
| c) _____ | c) _____ |
| d) _____ | d) _____ |
| e) _____ | e) _____ |
| f) _____ | f) _____ |

PERSONAL INFORMATION QUESTIONNAIRE

Batch No. _____

Chest No. _____

1. Name _____
2. Age _____ Year _____ Months _____ Days _____
3. Religion _____
4. Sect. _____
5. Married / Single _____
6. Present Address _____
7. Province _____
8. Education:

Matric	Grade _____	Marks _____	Passing year _____
Intermediate	Grade _____	Marks _____	Passing year _____
Degree	Grade _____	Marks _____	Passing year _____
Postgraduate	Grade _____	Marks _____	Passing year _____
9. Sports _____
10. Hobbies _____
11. Other activities _____
12. Present Employment _____
13. Previous Appearance before I.S.S.B. (If yes give detail below) Yes / No _____

Batch	Chest No.	Course	Dates	Result

14. Have you traveled abroad (If yes give detail below)

Countries visited	Year of travel	Reason	Stay

15. Father's Name _____
16. Father's occupation _____
17. How many brother do you have (excluding yourself) _____
18. How many sister do you have _____
19. Brothers and sisters Occupation :

- | | |
|--|--|
| <p>20 Brothers</p> <p>a) _____</p> <p>b) _____</p> <p>c) _____</p> <p>d) _____</p> <p>e) _____</p> <p>f) _____</p> | <p>Sisters</p> <p>a) _____</p> <p>b) _____</p> <p>c) _____</p> <p>d) _____</p> <p>e) _____</p> <p>f) _____</p> |
|--|--|

21. **RELATION IN DEFENCE FORCES**

	RANK	NAME	SERVICE ADDRESS
Father			
Grand Father			
Brothers			
Sisters			
Real uncles			
Brothers in law			
Cousins			

Science Notes

1. Vernier caliper:

It is an instrument to measure the internal and external diameter and length of a substance up to 0.1 mm.

2. Scalar quantities:

Physical quantities which are completely specified by their magnitude expressed in suitable units e.g. Mass, value, length, speed, time, work, density etc.

3. Vector quantities:

Physical quantities which require magnitude as well as direction for their complete description e.g. force, acceleration, displacement, velocity, torque etc.

4. Speed:

It is defined as distance travelled in unit time. It is a scalar quantity. So the unit of speed will be

$$\text{Speed} = \text{distance} / \text{time} = \text{metre} / \text{second}$$

5. Velocity:

It is the rate of change of displacement along a particular direction. It is a vector quantity.

6. Acceleration:

It is defined as the rate of change of velocity so the unit of acceleration will be

$$\text{Acceleration} = \text{velocity} / \text{time}$$